

# My Baby

## at 9 months



### Baby on the move:

By nine months, baby is getting busy and is starting to become mobile. Watch for your baby to start doing any of the following:

- ♥ Stands while holding on
- ♥ Can get into sitting position
- ♥ Sits without support
- ♥ Pulls to stand
- ♥ Crawls

### Don't forget . . . I can

- Begin eating table foods, except for grapes, nuts, or peanut butter.
- Start feeding myself with my hands.
- Begin drinking from a cup.
- Eat foods like mashed potatoes, cooked meats and vegetables.
- Eat crackers and zwiebacks.
- Sleep in my own room.

### Keep me safe ...

- Upgrade to a rear-facing toddler car seat.
- Set my crib to its lowest level.
- Use a safety strap to keep me in my highchair.
- Cut cheese or soft fruits into small pieces to prevent me from choking.

### By the 9th month...

- ♥ Your baby is starting to understand what people say to her.
- ♥ Your baby loves to have people talk, sing, and repeat sounds.
- ♥ Your baby may begin to crawl, which opens a whole new world.

### Watch me grow! I can. . .

- Gain 3-5 ounces per month.
- Grow about 1/2 inch each month.

### What I need. . .

- To take about 24-32 ounces of formula or breast milk per day.
- To be held and cuddled during feedings.
- To continue breastfeeding – I may begin using a cup.
- To have 8-12 tablespoons of cereal a day from a spoon.
- To eat fruits and vegetables without skins.
- No more than 4 ounces of juice per day in a sippy cup.
- To begin to explore finger foods. I can chew even if I don't have teeth.

### Show me love by. . .

- Giving me more time to play and explore in a safe place.
- Playing games with me.
- Remembering things like plastic measuring cups and cups with handles are fun toys for me.
- Talking to me.
- Reading books to me.
- Telling me the names of pictures, colors, shapes, animals, etc.

### You can take care of my oral health by...

- Feeding me before I go to bed. Putting me in bed with a bottle can cause tooth decay.
- Wiping my teeth and gums with a soft cloth to remove plaque.

## Exploring my world . . . I can

- Crawl or creep.
- Pull myself up to stand and walk around furniture.
- Enjoy games like peek-a-boo and pat-a-cake.
- Respond to my name and turn my head when my name is called.
- Understand a few words like “bye-bye.”
- Repeat sounds like “ma-ma” and “da-da”.
- Get into a sitting position and sit without support.

## Hey! CHECK ME OUT!

### *Have you seen me . . .*

- ✓ Wave “bye-bye”
- ✓ Play pat-a-cake
- ✓ Bang two things together
- ✓ Stand while holding on to someone
- ✓ Pull myself up on something
- ✓ Say “da-da” or “ma-ma”



## The Path to Reading...

**9 months**

Start a special place to keep your child's books. This could be a basket, a bookshelf, or a spot in the play area.

### You can:

- ★ **Sing** “Pat-a-cake” and help your baby clap, roll, and push his hands. Say sentences like “How big is baby? Soooo B-I-G!” Help your baby put her arms up in the air. Putting motions with words helps your baby remember songs and sentences.
- ★ **Read** at bedtime. This is a perfect time to cuddle with your baby and help him relate reading with a special time of closeness with you.

**Book Corner:** Babies love to “do” things with books. Fold-out or lift-the-flap books give baby a chance to touch the pages and see what is behind the picture.

## Check out these websites for FREE info!



WIC Website for Feeding Information  
[www.wichealth.org](http://www.wichealth.org)



Your Child—General Health information:  
<http://www.med.umich.edu/yourchild/index.htm>



**POISON CONTROL**  
Available 24 hours a day  
7 days a week  
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Check out [www.gtchd.org/1973](http://www.gtchd.org/1973) for additional resources for moms, dads, and babies.